



March 8, 2021

For immediate release

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### **CDC issues interim public health recommendations for fully vaccinated people**

The Centers for Disease Control & Prevention (CDC) has issued interim public health recommendations for fully vaccinated people. This guidance will be updated and expanded based on the level of community spread of COVID, the proportion of the population that is fully vaccinated, and the rapidly evolving science on COVID vaccines.

#### **Fully vaccinated people can:**

- Visit with other fully vaccinated people indoors without wearing masks or physical distancing.
- Visit with unvaccinated people from a single household who are at low risk for severe COVID disease indoors without wearing masks or physical distancing.
- Refrain from quarantine and testing following a known exposure if asymptomatic.

#### **For now, fully vaccinated people should continue to:**

- Take precautions in public like wearing a well-fitted mask and physical distancing.
- Wear masks, practice physical distancing, and adhere to other prevention measures when visiting with unvaccinated people who are at increased risk for severe COVID disease or who have an unvaccinated household member who is at increased risk for severe COVID disease.
- Wear masks, maintain physical distance, and practice other prevention measures when visiting with unvaccinated people from multiple households.
- Avoid medium- and large-sized in-person gatherings.
- Get tested if experiencing COVID symptoms.
- Follow guidance issued by individual employers.
- Follow CDC and health department travel requirements and recommendations.

As of today, 13,958 or 21.3% of Panhandle adults have received the COVID vaccine. COVID vaccines are currently available for Panhandle residents 65 or older and phase 1b employees to include educators, childcare providers, grocery and convenience store workers, railroad employees, truckers, public transit, postal service, cooperatives, and meat and food processing

facility employees. Residents within these phase 1b categories can register here: <https://tinyurl.com/3este7ka>.

Residents over the age of 18 are encouraged to register now for their COVID vaccine at [vaccinate.ne.gov](https://vaccinate.ne.gov) or [www.pphd.org](http://www.pphd.org) or by calling 833-998-2275 or 531-249-1873.

There's no need to wait, if you are in any of the currently eligible populations, register now so local vaccine providers can determine when to move to the next critical phases who are anxiously awaiting getting theirs. Please help your family, friends, and neighbors sign up now.

Studies are showing the COVID vaccines provide 100% protection against severe illness, hospitalization, and death. Vaccines are one of the single greatest achievements in public health, be sure to get your COVID shot when it's your turn. People who are fully COVID vaccinated will not be required to quarantine due to close contact.

If you have had COVID, you are still encouraged to get the vaccine once you no longer have symptoms and after you have been released from isolation. If you received the monoclonal antibody treatment, it is recommended to get the vaccine no sooner than 90 days after treatment.

If you have received your first dose and have not heard when you will receive your second dose, don't fret, you will be contacted by the vaccine provider that administered your first dose.

Unified Command confirms 71 more cases of COVID in the Panhandle since last reporting on Monday, March 1. The investigations are underway, all close contacts will be quarantined.

<b>All Ages: 71</b>	
<b>County</b>	<b>Cases</b>
<b>Banner</b>	<b>0</b>
<b>Box Butte</b>	<b>3</b>
<b>Cheyenne</b>	<b>3</b>
<b>Dawes</b>	<b>4</b>
<b>Deuel</b>	<b>1</b>
<b>Garden</b>	<b>0</b>
<b>Grant</b>	<b>0</b>
<b>Kimball</b>	<b>5</b>
<b>Morrill</b>	<b>1</b>
<b>Scotts Bluff</b>	<b>46</b>
<b>Sheridan</b>	<b>8</b>
<b>Sioux</b>	<b>0</b>

Exposure Type	
Community	35%
Close Contact	59%
Travel	0%
Under Investigation	6%

#### March 2, 2020-March 8, 2021

- **Total Tests Conducted: 34,824**
- **Positive: 8,764**
- **Last 14 days (active) cases: 99**
- **Last week's cases: 70**
- **Last week's positivity rate: 14.3%**
- **Deaths: 186**
- **Active Hospitalizations: 3**
- **Total Cumulative Hospitalizations: 533**
- **Doubling time (November 12, 2020-March 8, 2021): 117 days**

#### Avoid the Three Cs:

- Avoid Crowded Places – Avoid gathering in groups where you cannot maintain 6-feet of distance from others
- Avoid Close Contact – Wear a mask over your nose and mouth or maintain 6-feet distance when you are spending more than 15 total minutes with people you don't live with
- Avoid Confined Spaces – Avoid enclosed spaces with poor ventilation

Current COVID testing access can be found at [www.pphd.org](http://www.pphd.org).

The Panhandle COVID dashboard is updated weekdays at 4:30 pm MT and available at [www.pphd.org](http://www.pphd.org). For the most up to date information from the CDC, visit <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

Panhandle Public Health District, Region 21, 22, and 23 Emergency Management, and Scotts Bluff County Health Department are working as a unified command on this evolving situation. Essential updates will be regularly communicated to the public and community partners.

Panhandle Public Health District is working together to improve the health, safety, and quality of life for all who live, learn, work, and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle Community. Visit our website [www.pphd.org](http://www.pphd.org).